

Positive Alternatives 2015 - 16 Quarterly Update

Grantee: Young Women's Christian Association of Duluth

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Goal: To provide necessary services to pregnant and parenting women in Duluth and surrounding areas

For the period: October 1, 2015 through December 31, 2015

Activity or Service	Activity or Service Description Major Work Plan Activities	Work Plan Count	Program Progress and Accomplishments Report the progress and accomplishments made this period on each activity.	Report Count
Administrative Activities	Hire and train program staff; Complete grant reporting forms; attend required grant meetings		Continue to provide on-going training and support for program staff. There has been no program staff turnover this quarter, staff continue to work receive monthly reflection with program director. Completed all grant reporting forms that were requested.	
Outreach	Maintain waiting list and provide any needed assistance or advocacy to women on that list; provide community education and maintain visibility in community; collaborate with community service providers		An on-going wait list is maintained by case manager, contact with women on list continues to be at least monthly. Women on waitlist are encouraged to participate in educational programming and have access to necessary services. Program staff maintains visibility in the community, collaborating with additional service providers, as well as speaking engagements with outside organizations.	
Car Seat Program	Provide car seat education; provide car seats for women	5	Two new program participants received car seat education this quarter through St. Louis County. One car seat was given to program participant during the quarter.	2
Case Management Services	Provide participants with ILSP (Individual Living Skills Plan); review and update ILSP's on quarterly basis; provide transportation for medical and advocacy appointments; maintain wait list; following up with wait list participants monthly	5	Seven current program participants worked with Case Manager to create and/or update ILSP's. Case Manager has provided transportation assistance for women on program waitlist, current residents, and past participants for medical appointments, therapy, school, and etc. Case manager maintains monthly contact with women on program wait list.	7

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Child Care	Provide assistance with securing safe and affordable childcare; provide childcare assistance in specified circumstances	4	Worked with 5 program participants on securing and/or completing proper paperwork necessary to maintain childcare assistance. Provided all of the above residents with emergency childcare assistance to maintain consistent & safe caregivers for their child.	5
Crib Distribution/ Sleep Safety Education	Provide pack and plays; provide sleep safety education	5	Seven program participants were provided on-going sleep safety education. No pack and plays were distributed this quarter.	7
Education Assistance	Provide daily tutoring services; provide education planning assistance ; provide assistance with completing grant/scholarship forms; provide assistance with college visits and tours	5	Five participants received education assistance this quarter. Residents received tutoring assistance, 1 resident received assistance completing FAFSA and college application.	5
Employment Assistance	Provide assistance with resume building; provide assistance with job search; practice mock interviewing; refer to community employment services	5	Seven residents participated in employment readiness groups. Each resident worked on creating a resume and community volunteers participated in mock interviews. We collaborate with YES! Duluth to secure employment and training experiences for residents.	7
Financial Assistance	Provide help & advocacy with financial assistance application process; provide financial assistance for basic needs	5	Assisted seven residents with financial assistance applications, monthly household report forms, and assistance recertification paperwork.	7
Housing Assistance	Provide assistance securing safe and affordable housing; Provide residential housing and maintain 7 apartments	5	Continue to maintain 7 efficiency apartments in secured building. Provide on-going maintenance and support services.	7

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Life-Skills Education Program	Provide 2 weekly life skill groups; provide a life skill learning environment; provide all participants with ILSP and quarterly updates	5	Seven women participate in 2 weekly life skill and parenting groups per week. All residents meet weekly with Case Manager to update goals in Independent Living Skills Plans.	7
Material Support	Provide basic needs such as food, diapers, baby, and maternity needs; provide assistance in obtaining basic needs from other resources	5	Material support (formula, emergency groceries, diapers, and wipes) was provided to 5 women this quarter. In addition to receiving the basic need items, women also were given referrals to outside resources.	5
Mental Health	Provide referrals for mental health assessments; provide assistance with any mental health treatment	3	2 women this quarter received referrals to mental health providers. On-going support is provided as residents receive therapeutic services.	2
Nutrition	Provide nutrition education; provide access to fresh produce through garden project; provide food when needed	5	Seven residents receive monthly nutrition education through outside service provider. Groups focused on healthy meal planning, food preparation, and budgeting.	7
Parenting Education	Provide parenting education classes; provide Circle of Security attachment based parenting groups; provide one to one parenting support; provide assistance in enrolling children in Early Childhood Center and Head Start Program	5	Seven residents and 1 former resident participated in weekly Circle of Security Parenting clinical intervention groups. All seven of residents children have been enrolled in the YWCA's Early Childhood Center and are on Head Start wait list. Seven residents participated in Abusive Head Trauma, stress reduction, and child abuse prevention educational programming.	8
Pregnancy Education	Provide assistance with birth plans; provide assistance with obtaining a Doula and support for taking Birthing Classes through local hospitals; provide pregnancy education; support prenatal health and wellness	2 - 3	Assisted 2 residents with developing 'Birth Plans'. Provided prenatal education, toured birthing centers, and worked with residents to find primary care physician for their unborn child. Women participated in pre-natal yoga groups weekly,	2

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Provide Necessary Services Assessments Only	Staff provides clients only intake assessments, information on, referral to and assistance with securing necessary services	5	Case Manager and Program Director provided Necessary Services Assessments to seventeen women this quarter. Women received referrals based on assessment results and those that qualified for residential program were placed on housing wait list.	23
Transportation	Provide transportation to and from appointments; provide bus passes; provide assistance with obtaining a driver's license	5	Staff provided transportation assistance to appointments and school for seven program participants. Bus passes were provided to several residents on an 'as needed' basis.	7

Maternal and Child Health Initiative Task Force Strategies	No.
<i>Number of women who received car seats and car seat safety education from a PA funded program activity</i>	1
<i>Number of women who received car seat safety education only from a PA funded program activity</i>	2
<i>Number of women who received child abuse prevention education from a PA funded program activity</i>	7
<i>Number of women who received abusive head trauma (shaken baby) prevention education from a PA funded program activity</i>	7
<i>Number of women who received a baby bed, crib, or pack-n-play and sleep safety education from a PA funded program activity</i>	0
<i>Number of women who received sleep safety education only from a PA funded program activity</i>	7

Challenges: With the cold weather of the Fall and Winter, we have seen a large increase in the amount of women coming in for Necessary Services Assessments—many of these women need housing for themselves and their child and more intensive services than we are currently able to provide.

Comments: